



# Suffolk Orienteering Club 25<sup>th</sup> February 2018

## Chillesford (Tunstall Forest SW)

### Regional and ESSOL Level C Event



Welcome to SUFFOC's Tunstall Forest event which is utilising the SW section of the forest. The forest was clear-felled in the early nineties and has now reached a level of maturity suitable for the sport. Although relatively flat overall, the area does offer a physical challenge and has a wealth of line and point features to aid navigation.

A road crossing will be involved on the longer courses.

The area north east of the B1078 visited by the blue and brown courses has been affected by recent thinning works. This has left extensive brushings and there are additional small extraction lanes to those shown on the map. The ones shown are the most distinct. The direction of easiest run through the brushings has been indicated on the maps.

**Directions and car parking:** Signed from Tunstall village. Follow B1078 SE to Tunstall Forest. Turn right onto fire road 25. Car parking and assembly will be on this fire road.

**Nearest Post Code:** IP12 3PX

**Grid Ref:** TM389536

**The forest either side of the fire road is out of bounds.** A portaloos will be provided at assembly....please use it not the forest!

#### **New to Orienteering:**

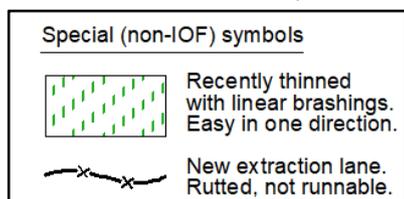
You can read about a typical Suffoc event at: <http://www.suffoc.co.uk/resources/new-to-o/your-first-event>. Once you arrive at the event, if you have any queries or require any explanation about courses, electronic punching, or orienteering techniques please speak to the Event Helper adjacent to the Registration tent.

The Event Helper can also supply details for joining Suffolk Orienteering Club or you can view these on the website at: [http://www.suffoc.co.uk/resources/about\\_suffoc/membership](http://www.suffoc.co.uk/resources/about_suffoc/membership).

#### **Courses and Maps:**

This event uses Sport Ident E-Punching equipment. Dibbers (E-Cards) are available for hire from the desk at the Registration tent.

There are two non IOF symbols used on this map. They are;



All courses use pre-printed waterproof maps (**Scale 1:10,000**) (minor updates made Dec 17) which are issued at the Start. Control description sheets will be handed to you at Registration; they are also printed on maps. White and Yellow courses use narrative control descriptions; Orange and above courses use IOF symbols.

Course	Distance (Km)	Climb (m)	Controls	Technical difficulty
White	1.8	10	9	Very easy
Yellow	2.1	10	9	Easy
Orange	2.8	10	10	Moderate
Light Green	4.0	20	12	Moderate/Hard
Short Green	3.6	10	14	Hard
Green	5.0	35	17	Hard
Blue	7.5	45	22	Hard
Brown	10.1	50	30	Hard

#### **Registration and SI Card (Dibber) Hire:**

Registration is from 10.00 am to 12.00 noon in the grey tent.

Before going to the Registration tent please complete the Registration Form, including your address if not a member of British Orienteering, and include the names and addresses of additional persons if entering as group, family or shadowing.

**Fees:**

Seniors £9.00 Groups as per senior rate BOF member discount £2.00	Junior (under 21) single or pair £3.00 Seniors on white/yellow course £3.00
Extra map £0.50	Dibber Hire £0.50 (£30 replacement cost if lost)

**Start/Finish:**

STARTS: 10.30 to 12.30 Start is 100m south of assembly. Start times are not pre-allocated.

FINISH: Is 100m north of assembly.

You MUST report to the blue download tent, which is next to the registration tent, even if you do not complete the course. The courses close at 14.30.

**IMPORTANT SAFETY NOTES:**

- The Blue and Brown courses cross the B1078 which, although little used, is very fast. A 2-minute timed out crossing will be used. No marshals will be provided therefore under 16's cannot compete on the Blue or Brown courses.
- There are piles of logs in the forest and around assembly. Please ensure children are warned not to play on them.
- **All competitors MUST report to the Download tent by 14.30pm** even if you have not completed the whole course so that we are aware you have returned safely. Courses close at 14.30, so please return immediately to download if you are still out on the course at this time.
- You are advised to carry a WHISTLE for use in emergency only.
- Full body and leg cover is compulsory in accordance with BOF rules.

**Dogs:**

On lead in car park and assembly area. Keep under strict control on courses especially when close to or crossing the B1078.

**Facilities:**

TOILET Portaloo at the assembly area

Keys may be left in a box at Registration; when closed, the box is transferred to the Download tent.

No water will be provided. Please bring your own.

**First Aid:**

A First Aid box is available in the Download tent.

Nearest A & E is Ipswich Hospital, Heath Road, Ipswich, IP4 5PD

(Tel. 01473 712233)

Directions are available from the organiser. In the unlikely event you need A & E please let an official know before you leave the event.

**Results:**

Results will be posted on the Club's website [www.suffoc.co.uk](http://www.suffoc.co.uk).

**Event Officials:**

Controller – **Paul Beckett**; Planner – **Clive Wilkinson**; Organiser – **Louise Walker 07917 555 949**

The next SUFFOC events are our summer series beginning on 22nd April 2018 in the grounds of Culford School, which lend themselves to sprint-style courses. The next Regional Event is at Ickworth park on 23<sup>rd</sup> Sept - see the SUFFOC website ([www.suffoc.co.uk](http://www.suffoc.co.uk)) for further details of this & other forthcoming events. For other East Anglian Orienteering Association events see the EAOA website [www.eaoa.org.uk](http://www.eaoa.org.uk)

**Photography:** Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not displayed please notify the event officials. (British Orienteering guidelines, July 21<sup>st</sup> 2016)

**Data Protection Act:** Entry information (name age class and club) and the results of this event will be stored and processed by computer systems under the terms of the British Orienteering's registration under the Data Protection Act. The results from this event will be published on the Internet.

**PLEASE NOTE: All competitors take part in this event at their own risk**